Manual on Using the LIGHT

John-Roger

In a simple, entertaining format, this book explains the consciousness of Light, how you can work with it, and how it works with *you* when invited. It's a read-it-all-in-one-sitting kind of book that you'll pick up again and again.

For over twenty-five years, John-Roger's life has been devoted to the spiritual work of Soul transcendence—the realization of oneself as a Soul and, more than that, as one with the Divine. In the course of this work, he has traveled and lectured extensively throughout the world, written over twenty books, and recorded hundreds of seminars, many of which are presented on his nationally seen television show, "That Which Is."

In addition, John-Roger has co-authored four books with Peter McWilliams: *You Can't Afford the Luxury of a Negative Thought, LIFE 101, DO IT!*, and *Wealth 101*. Both *LIFE 101* and *DO IT!* have been *New York Times* best-sellers, with *DO IT!* reaching #1 on the list. All four books present practical, down-to-earth suggestions for understanding and getting the most out of life.

John-Roger has also founded a number of organizations supporting such areas as education, health, and individual and world peace. The common thread throughout all of John-Roger's work is loving—of self, others, and God—and encouragement for each person to discover that loving within, for that is where God also dwells.

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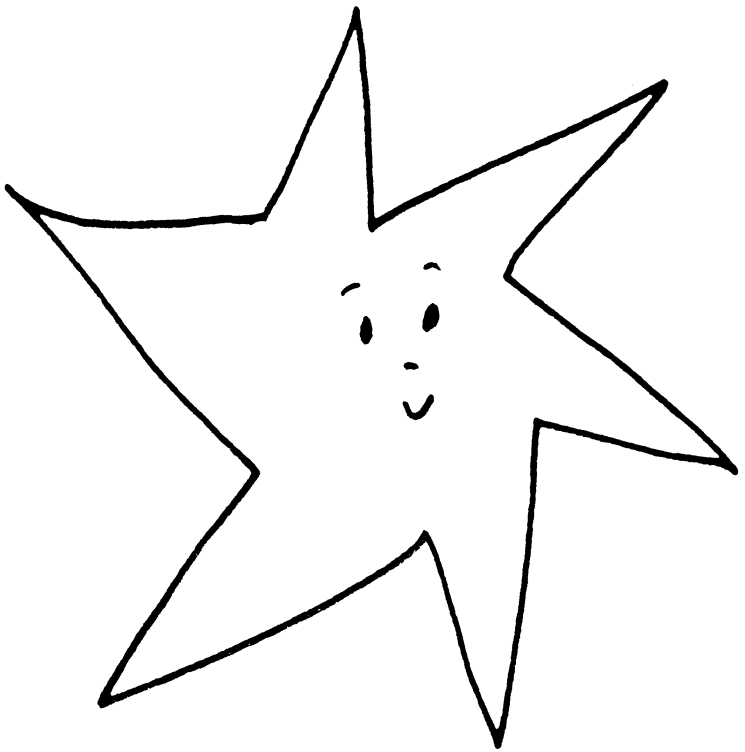

John-Roger

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FOREWORD

The "Light", which is another term for the "Holy Spirit", is one of the basic concepts of the organization known as "The Movement of Spiritual Inner Awareness." This book expresses, in a child-like fashion, the many facets and uses of this force or energy.

The Movement of Spiritual Inner Awareness, whose membership is now world-wide, is located in Los Angeles, California, and is headed by founder and spiritual teacher, John-Roger

More information concerning this movement can be obtained by writing to:

M.S.I.A.
Box 3935
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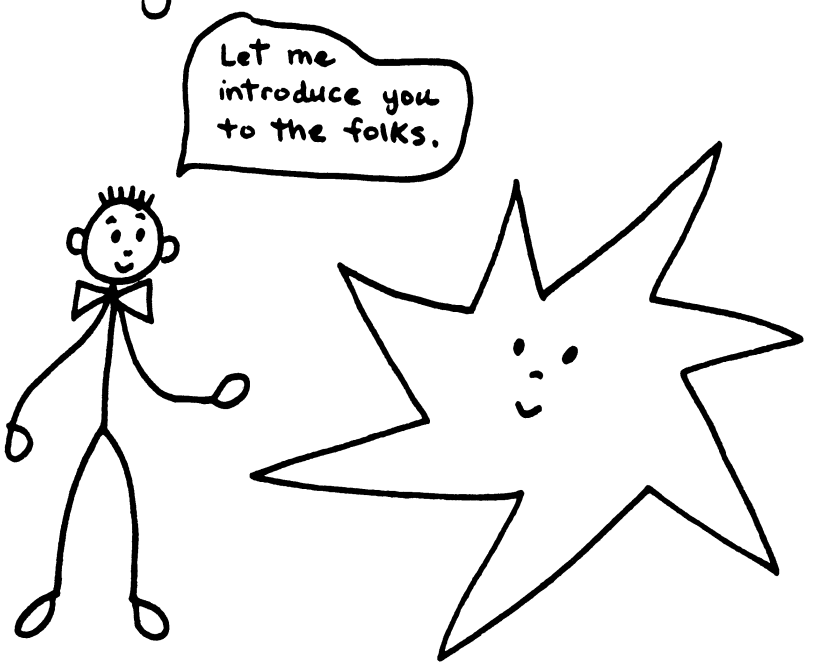
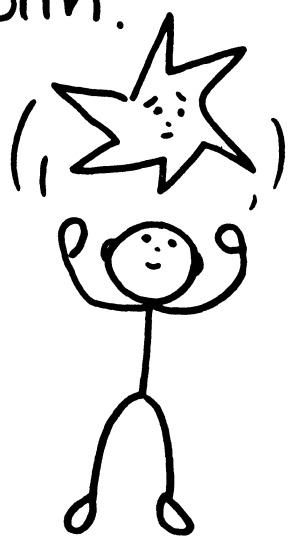
Well, I guess, first of all, I should tell you what this thing called the LIGHT is, before you start using it.



Cause, you see, this LIGHT happens to be the most powerful force around – and it's really not something to be played with.



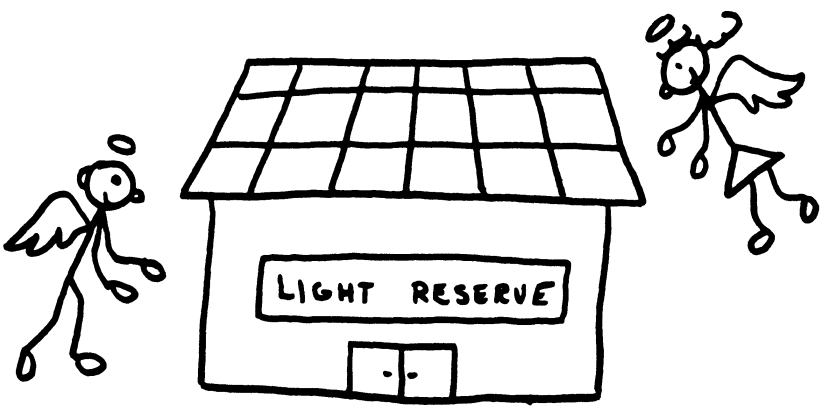
(although you'll find it has a great sense of humor, sometimes.)

You see, what it really is, is the manifestation of the Supreme GOD, on this level.

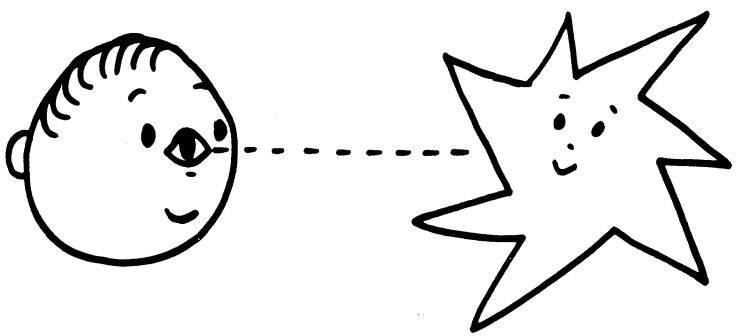
It's the HOLY SPIRIT.

It's what GOD uses when He wants to get something done here on Earth.

Now, there's some of this LIGHT inside of everybody already (it's what gives us LIFE.) But there's also a whole big endless reserve of it in the Highest Realm of LIGHT, that you can call on to use.



Now, there aren't too many people around who can actually see the LIGHT, cause you don't see it with your regular physical eyes - you have to look through your spiritual eye. (also called your third eye)



And most people don't even know they have one of those yet.

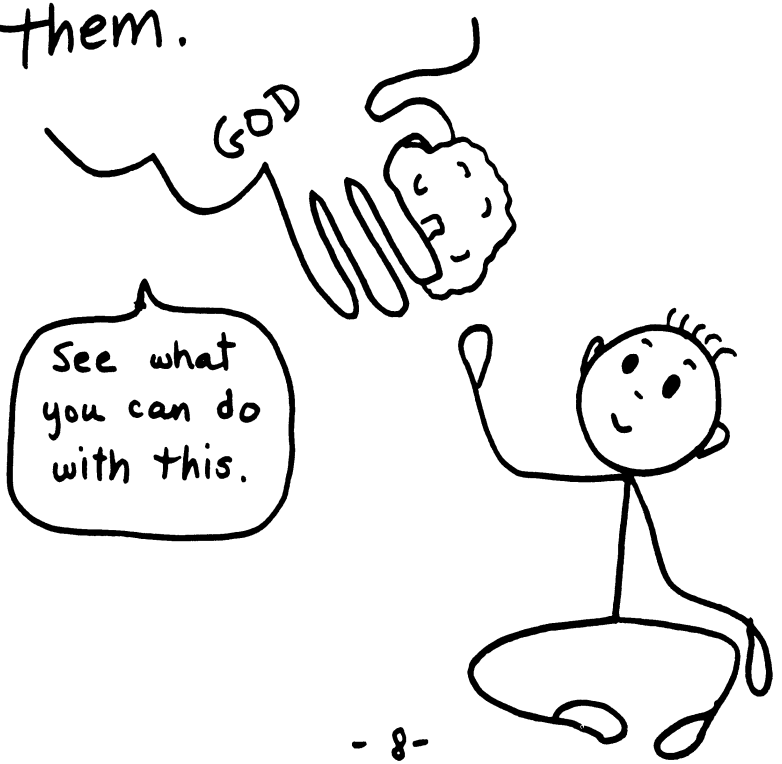
But, just because you can't see the LIGHT, doesn't mean it doesn't exist.

(You can't see GRAVITY, either, you know.)

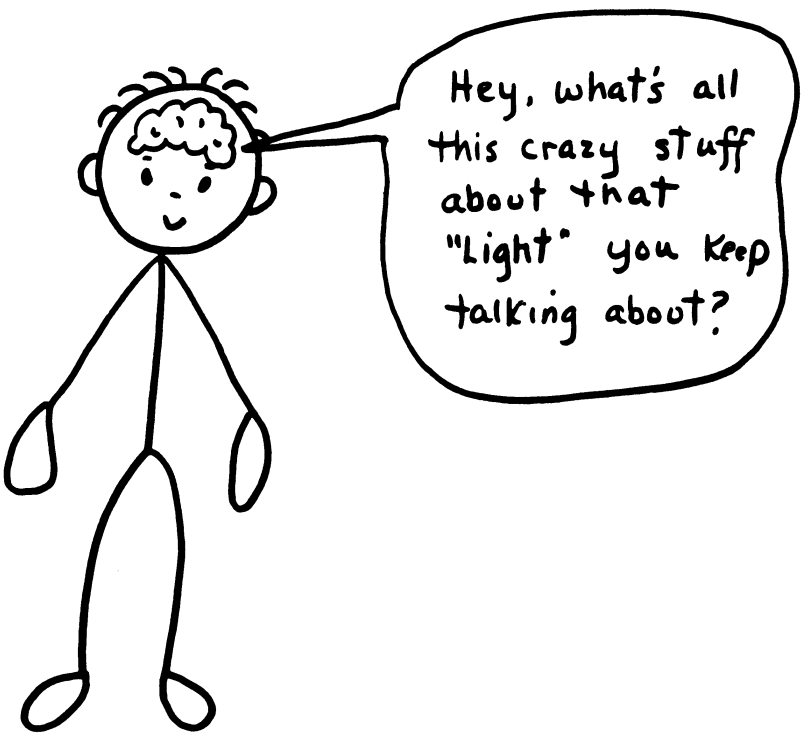
But then, you don't have to go completely on FAITH, either; cause there are a whole lot of ways of going about PROVING its existence to yourself;

and that's what this manual is all about.

Just going around blindly believing in something doesn't work too good, cause we all got rational minds, and so I guess GOD wants us to use them.



And, anyway, it sure is more comfortable when all parts of us understand what's going on.



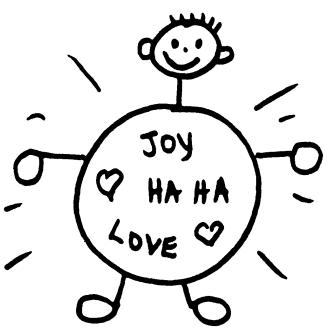
Well, now maybe you're wondering why you might ever even want to use the LIGHT.

Well, it's to help you help GOD do GOD's work — which is what we all want to do, in the long run, anyway, don't we?

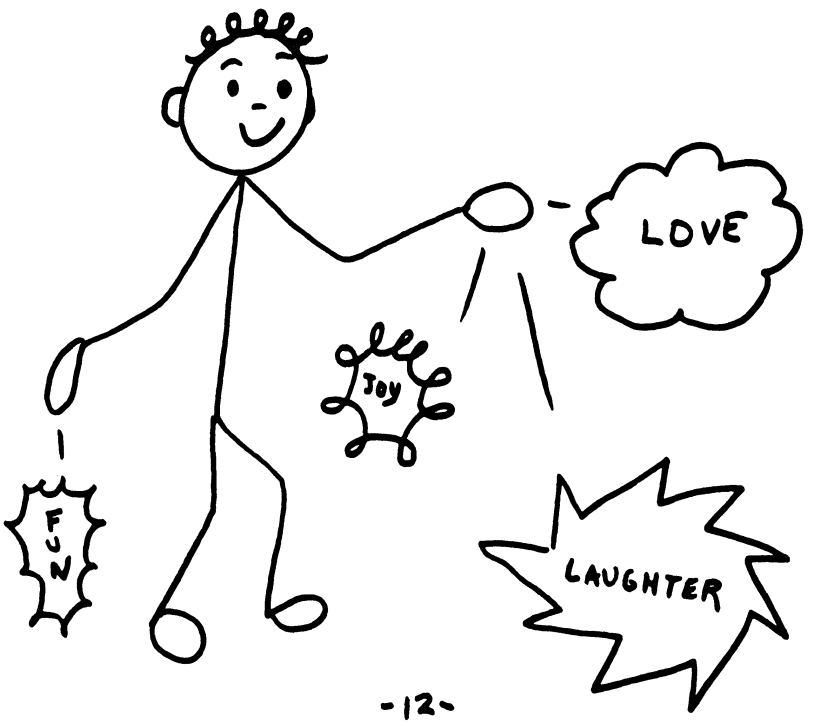
I don't think we have a choice.

Even if we do have a choice, I think its FUN doing GOD's work, cause you know what? It sure does give you a GOOD FEELING.

It makes you so HIGH, and so filled to overbrimming with LAUGHTER and JOY and LOVE for everybody and everything that you could almost BURST!



So, who wouldn't want to help do GOD's work, in spreading all this good stuff around?

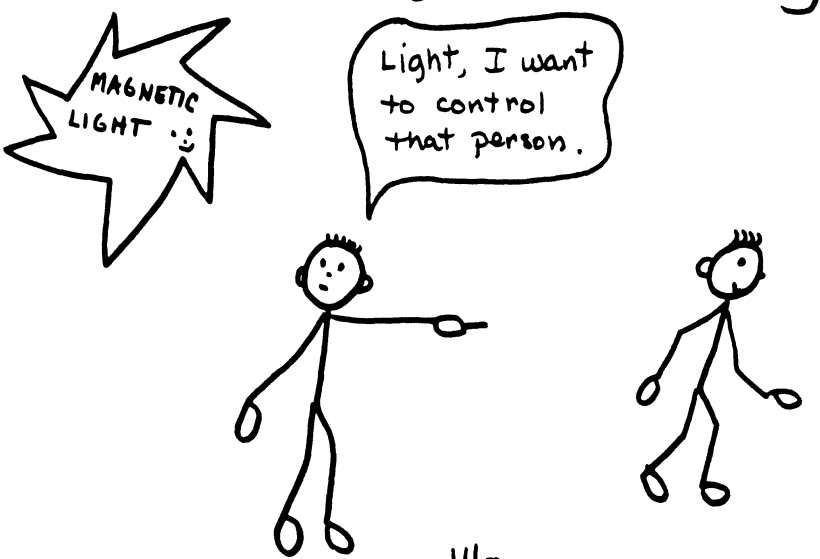


That's why I'm going to tell you some ways in which you can use the LIGHT, and give you some tips, so it can work for you.

The first thing to remember to do, is when you call in the LIGHT, always remember to add the 'safety clause':

"FOR THE HIGHEST GOOD OF ALL CONCERNED."

This is because there's another Light, that comes from the negative realms, called the "MAGNETIC LIGHT", that isn't the HOLY SPIRIT, and this can be used indiscriminately for selfish means. (either consciously or unconsciously)

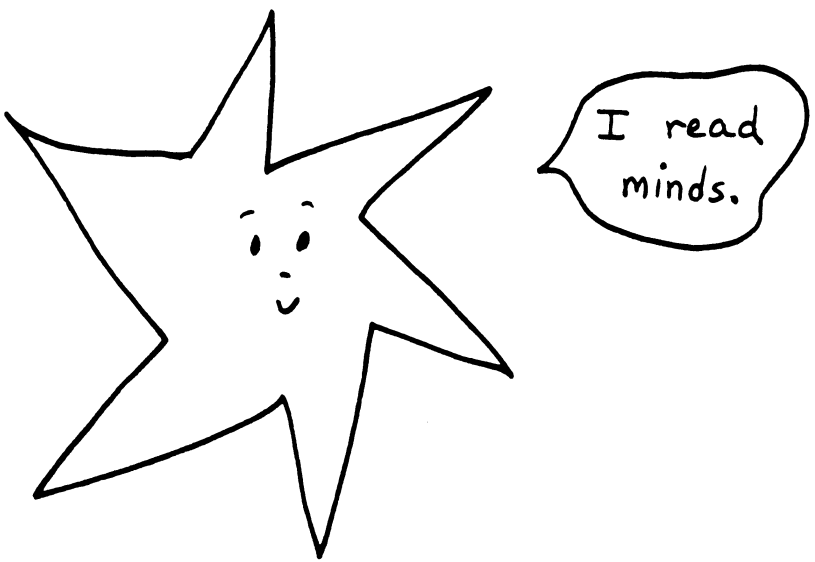


And using the MAGNETIC LIGHT can be very dangerous, cause it can bring with it a whole bunch of KARMA for you.

(It's the one that people into magic, and that kind of thing, use.)

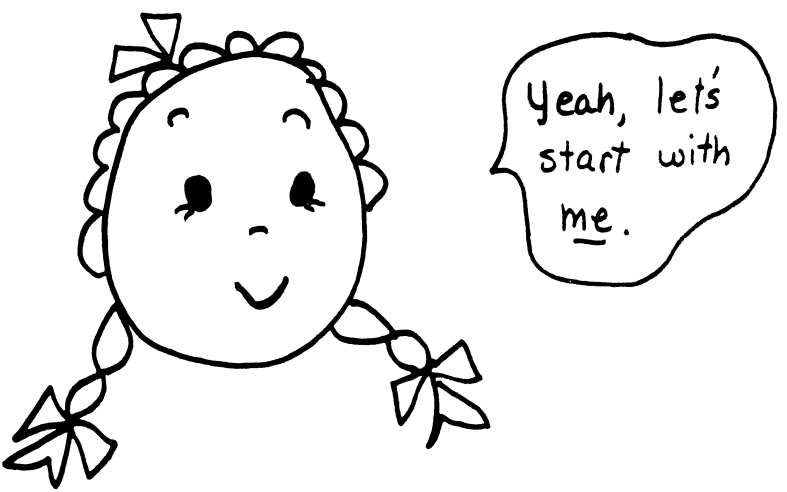
So, if you always say, "FOR THE HIGHEST GOOD OF ALL CONCERNED", you automatically bring in the HOLY SPIRIT LIGHT, cause it's the only thing that knows what's for the highest good of all concerned.

Now, you don't always have to say all those words: you don't even have to think all of them. But if you just think the CONCEPT, the LIGHT will get the message.

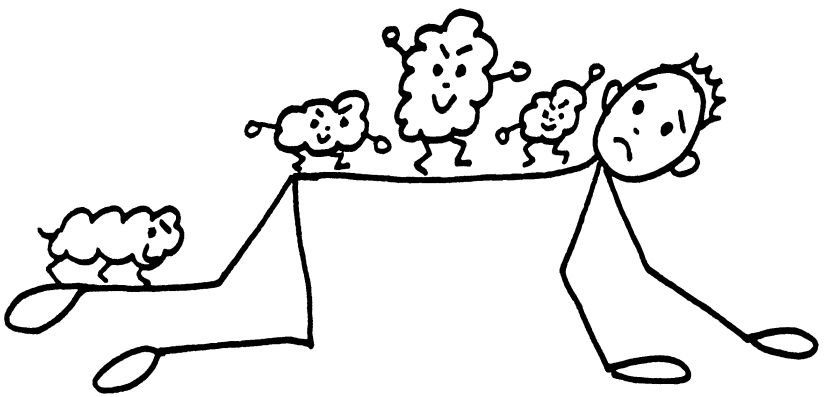


So, here's some ways you can use the LIGHT.

One good way to use it is for yourself.

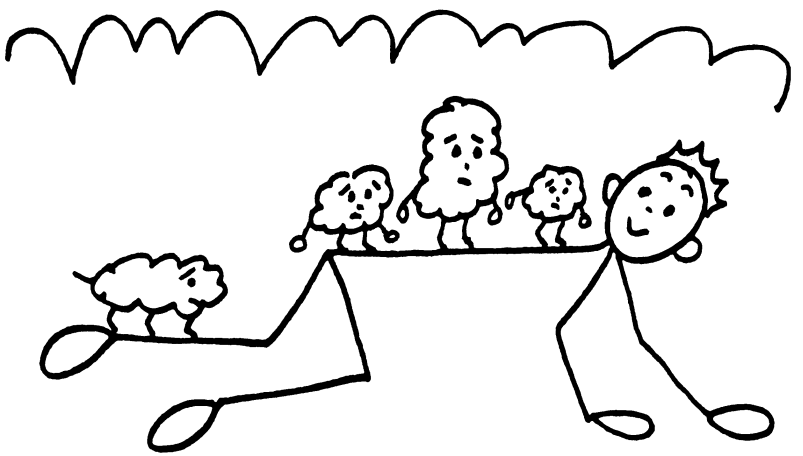


You know, like if you're feeling way down in the dumps, for example, and your emotions are running all over you,



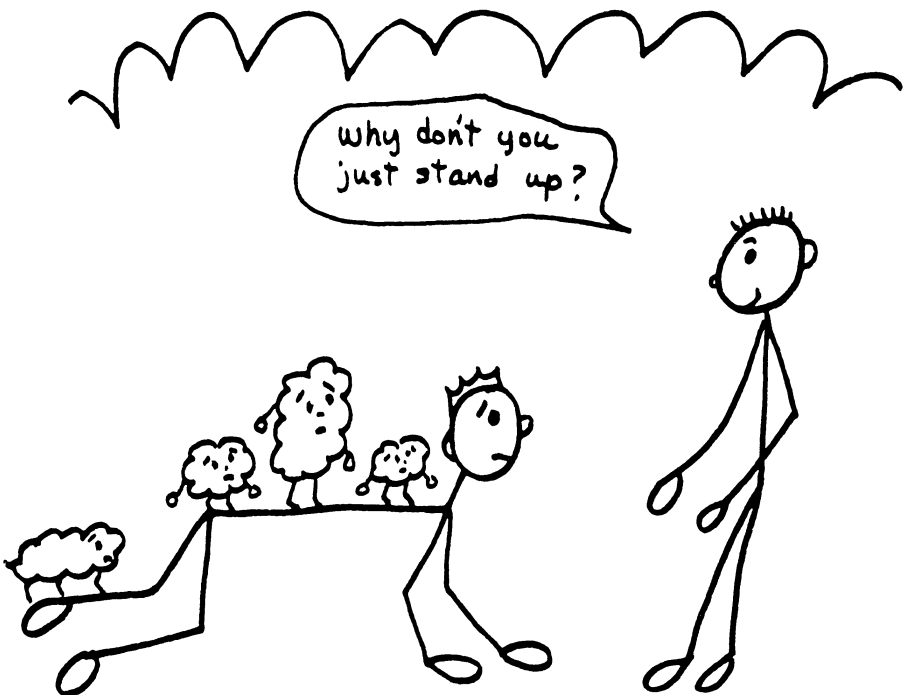
and you don't know how to get out of the mess.

If you call the LIGHT in, it can really alter the situation for you. Like it might just clarify your mind, so that you can suddenly see clearly what's really going on—

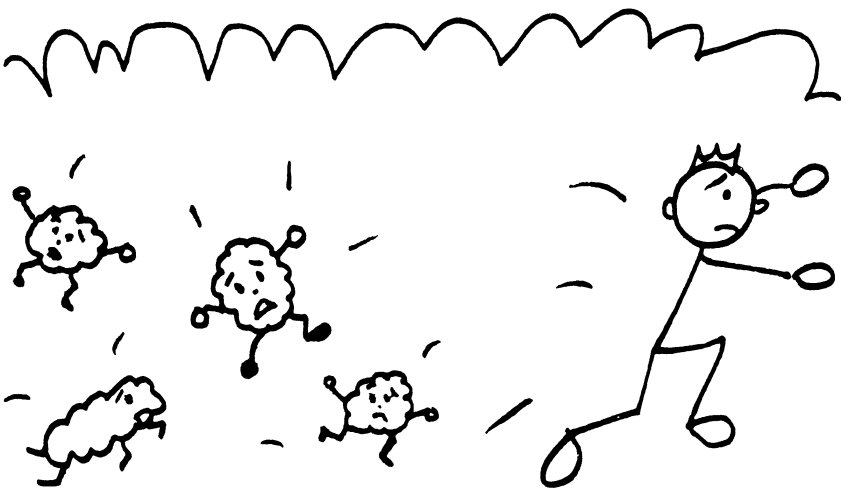


and then get yourself out of it.

Or, it might have Somebody else enter into the picture, and have him show you what's really going on - and how you can get out of it.



Or, it just might make the whole mess you're in even WORSE for you, so that you'll just have to BURST your way free of it, out of sheer desperation—



and then be able to stand back and look at it.

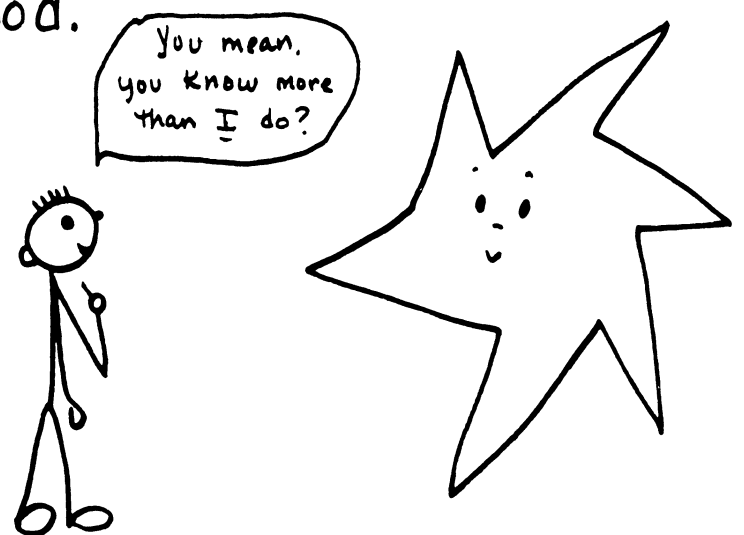
You see, there are all sorts of ways the LIGHT might work in this kind of situation.

But, the thing you got to remember is that

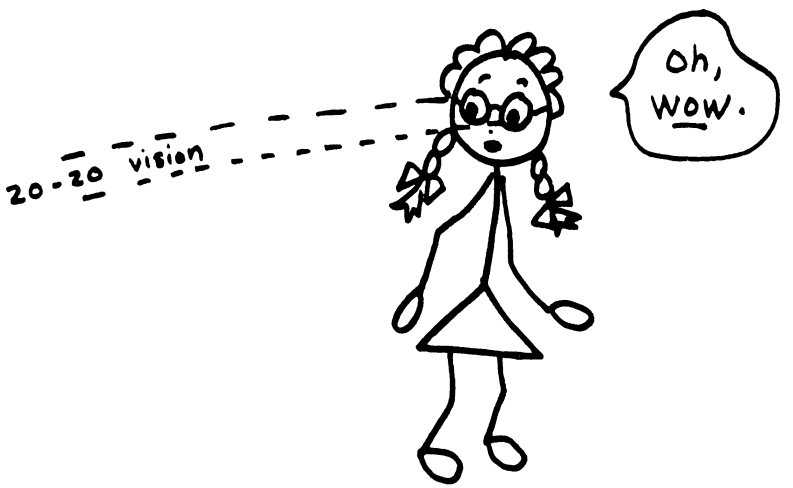
YOU CAN'T TELL THE LIGHT WHAT TO DO, OR HOW TO DO IT.

You can, but it isn't going to work. Cause when it's called on, it works in the way it knows how for the highest good.

And there's a pretty good chance you don't always know what's for the highest good.



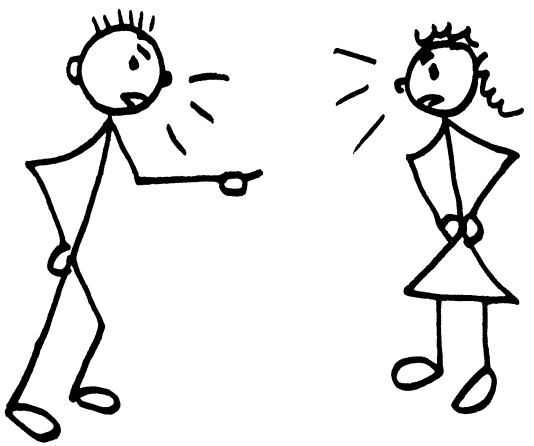
A lot of times we like to think we do, but it's pretty evident in looking at things with HINDSIGHT,



that we didn't.

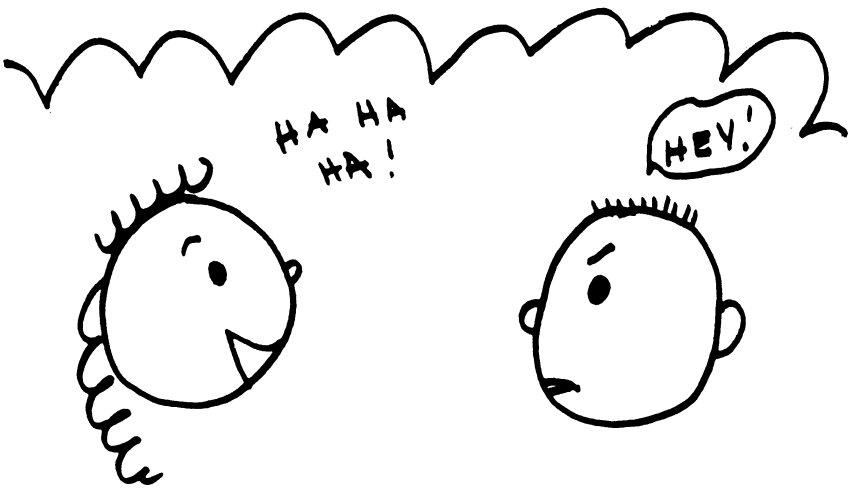
And sometimes you're going to be so happy the LIGHT didn't do what you wanted it to, cause wow what a mess things would have been, if it had.

Another situation you might want to use the LIGHT in is say where you're in a fight with someone, and you're both hurting each other and hurting yourselves, and knowing it...



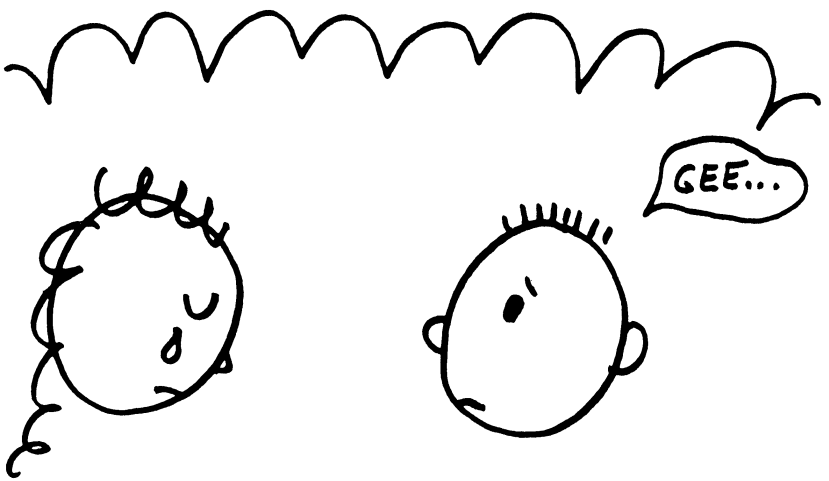
but not knowing how to stop it.

Well, the way the LIGHT might work in this kind of situation would be to suddenly make you start laughing —



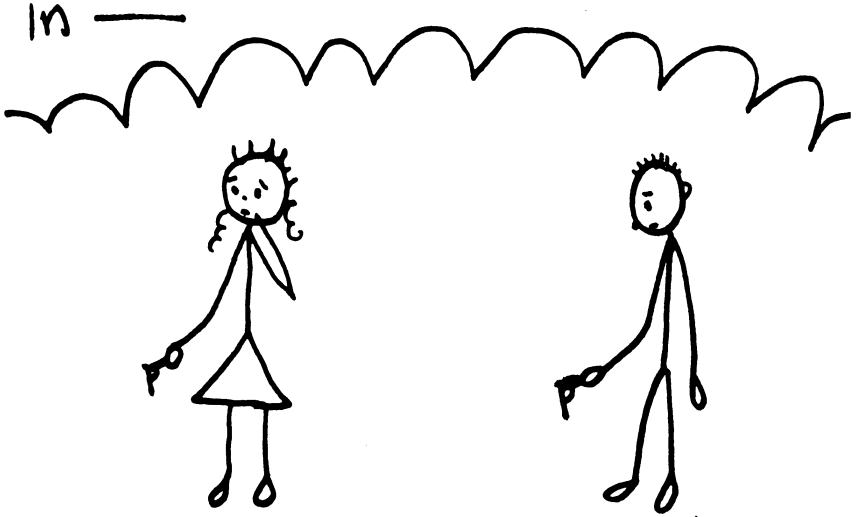
which, as you know, can really spoil a good fight.

Or, it might suddenly make you cry, which would make you both go through all kinds of changes, and in some way alter the situation — like maybe making your opponent realize what he's doing,



and say he's sorry.

Or, the LIGHT might even make the fight get so bad, that you both start feeling so terrible, and then suddenly realize together what an awful mess you're in —



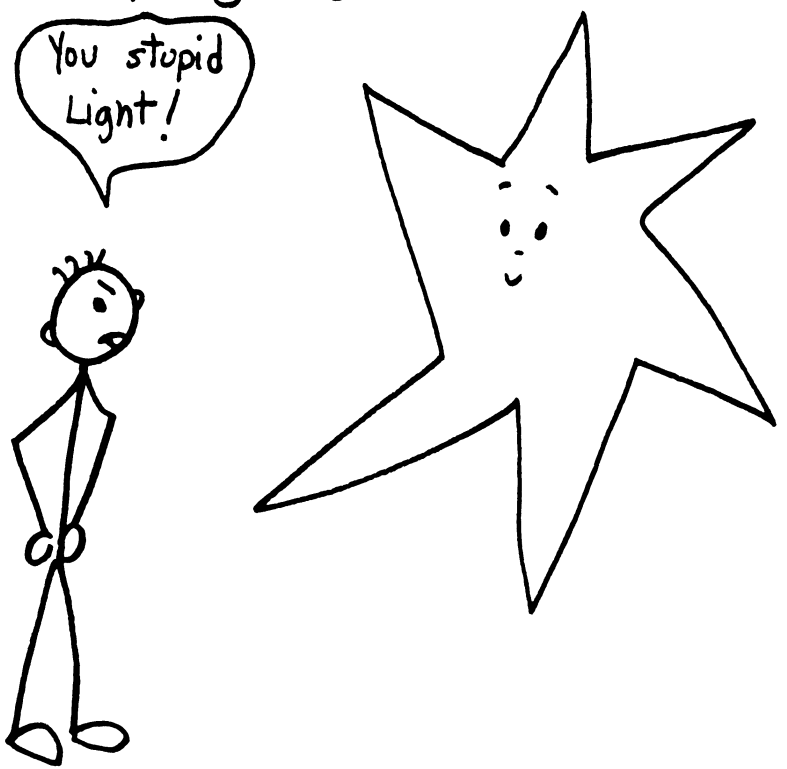
and you'd better take back what you said, before you start killing each other.

You see, it all depends on who's involved, what state of SPIRITUAL EVOLVEMENT you're at, and what kinds of LESSONS each of

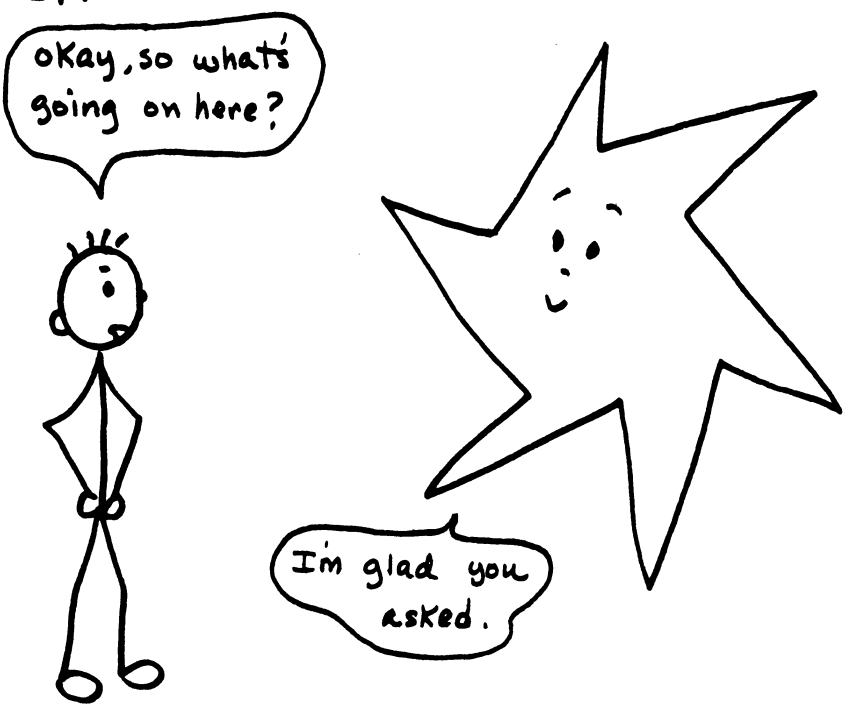
you are supposed to be learning for your HIGHEST GOOD.

Sometimes, the exact same thing that you're calling the LIGHT in to change is exactly what is needed for your highest good - so absolutely NOTHING CHANGES.

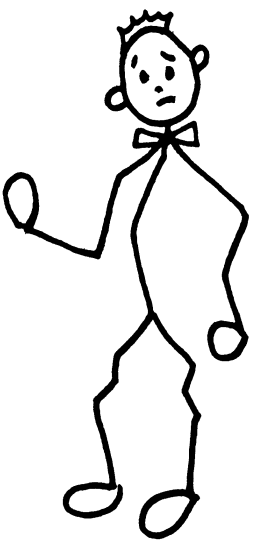
And that's a good thing to remember, so you don't get mad at the LIGHT for not helping you.



If nothing seems to happen, then it's a good thing to ask the LIGHT for clarification of the situation, so you can understand what's going on.

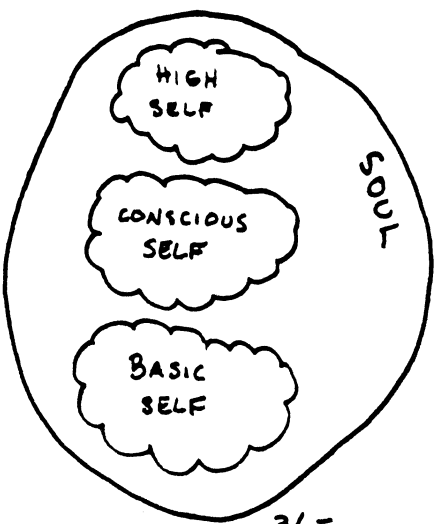


Another situation you might want to use the LIGHT in could be when nothing in particular seems to be wrong, but you're just feeling out of BALANCE, somehow.

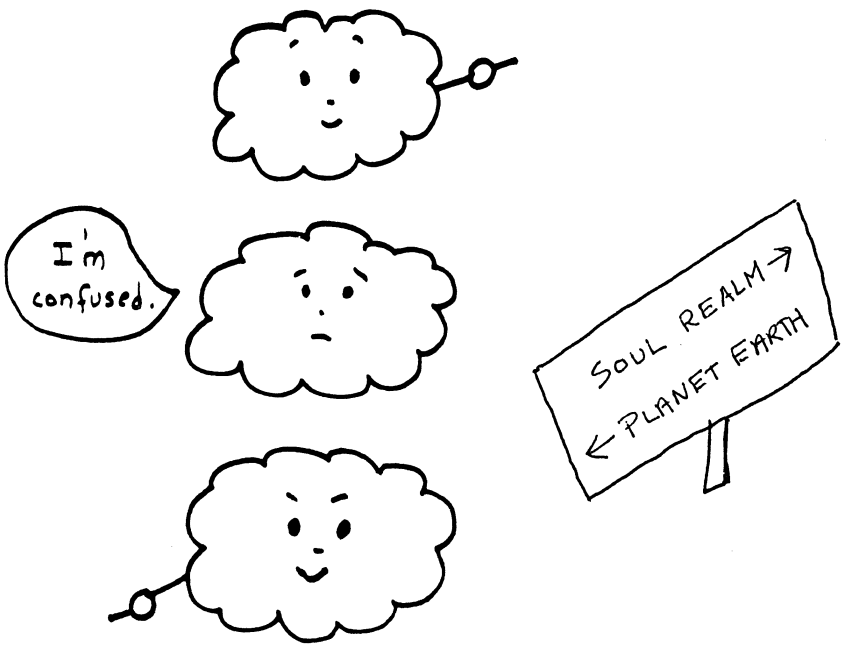


This kind of thing happens a lot when your three selves aren't in agreement about something, and they're pushing on each other.

You see, you got three selves inside of you, that your SOUL is using to gain experiences through.

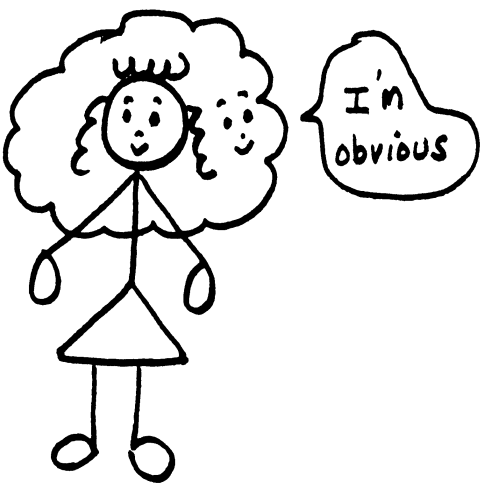


And even though they all work together as a unit, they are all separate, and have separate functions and ideas of how things should be run.



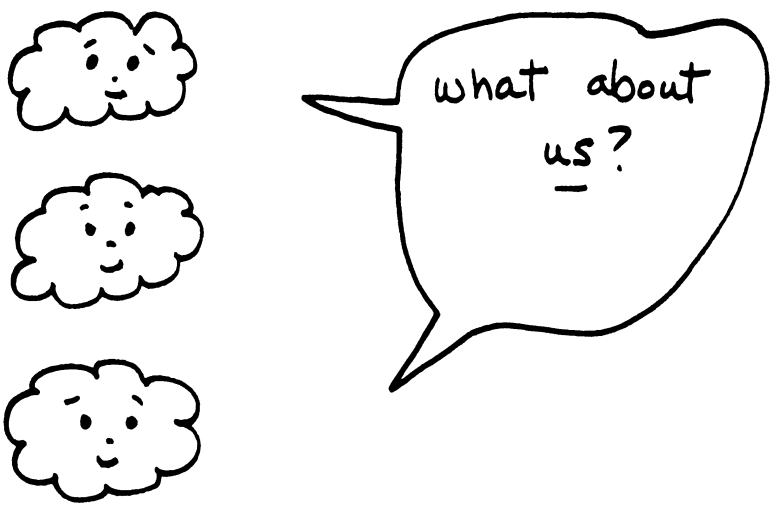
The self that we all know about and see is the

CONSCIOUS SELF.



This is the one who directs the actions of the person, who uses the brain, and makes all the choices.

It's the one we usually identify with, before we realize we have two other selves too.



Then there's the self called the

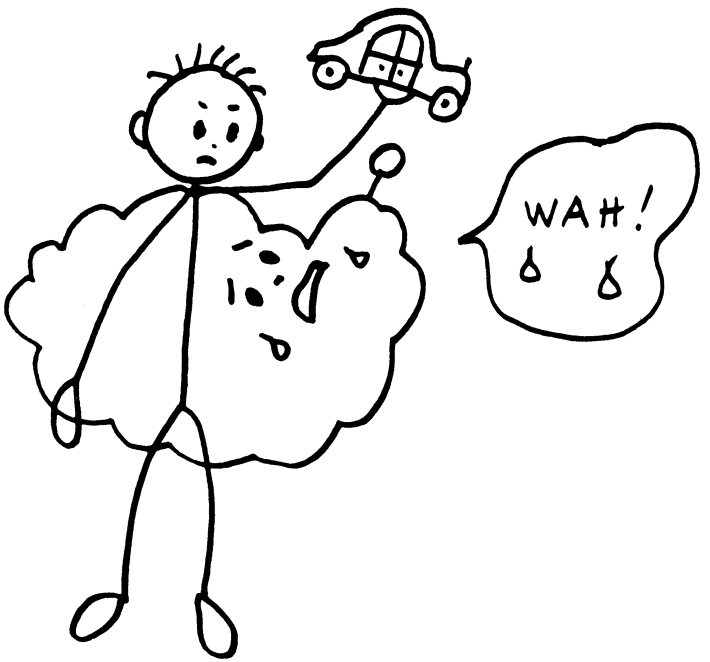
BASIC SELF.

This self is in charge of your body and your emotions.

Now, this is the one that seems to cause a lot of trouble for us. Until you find out who this one is, and let it know that you (as your conscious self) are BOSS, and that it is going to have to go along with what you decide - it's going to be tough going.

Cause, in lots of cases, people have let their basic selves run their lives for a long time,

and it's like taking a great big favorite toy away from a child, when you say, "Look, Basic Self, I'm boss here now, and you're going to have to do what I say."



Now, this doesn't mean that you have to be mean to it and order it around.

Not at all.
You have to be STRICT, but also LOVING, cause you got to have its cooperation —

Seeing as it's the one that has control of your body and your emotions. and it can get back at you pretty good, if it wants to.

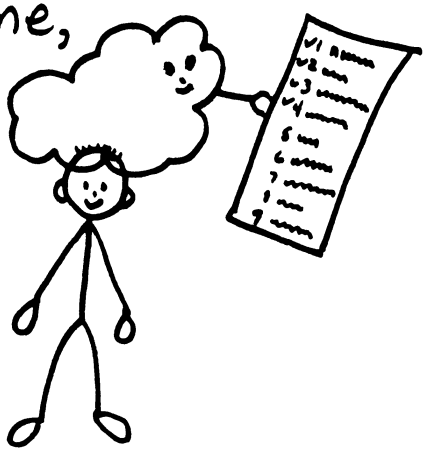
So, what you should do, is treat it like a BABY, where you guide its life in a loving, understanding way.

Then, there's the

HIGH SELF,

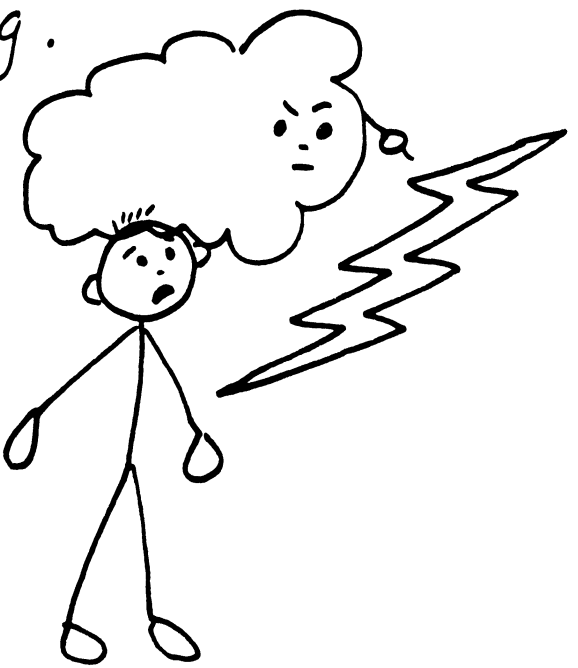
who really doesn't get involved with all this silly stuff that goes on between your Conscious Self and your Basic Self.

It stays very NEUTRAL on all issues. Its job is to attempt to steer you onto your Spiritual path, cause it Knows what you came in to do in this lifetime,



and what you have to do to get back to the SOUL REALM, where we're all headed.

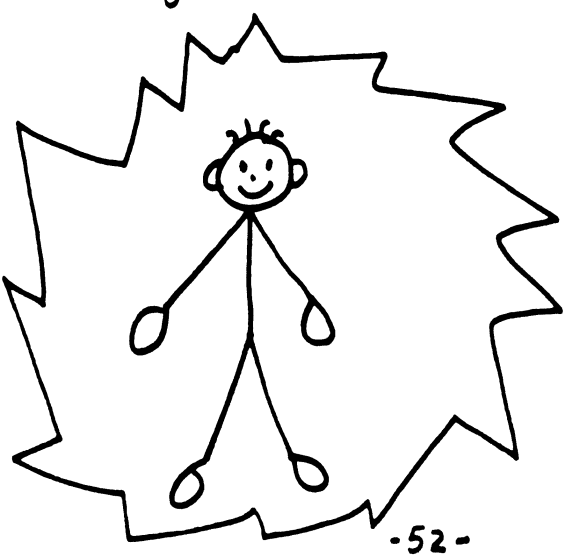
But, if you (as your conscious self) choose to ignore it, it's okay, it doesn't get mad and yell at you or bring lightning down on you, or anything.



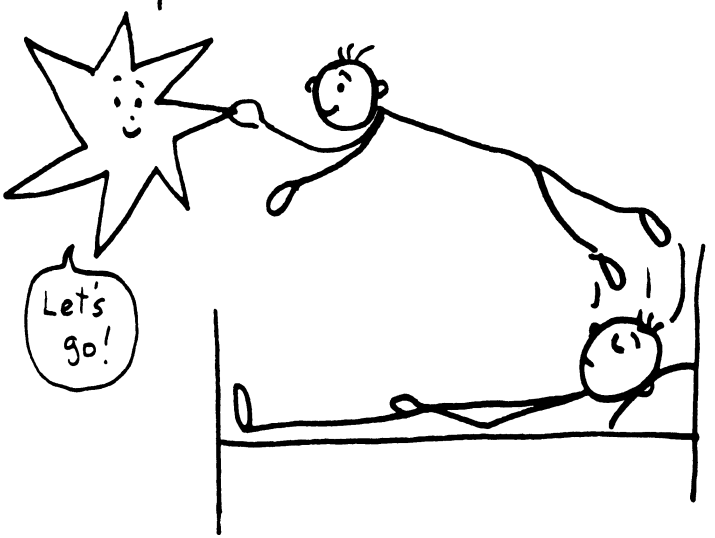
It just goes on, UNDISTURBED, in doing its job of bringing about opportunity after opportunity to help you learn and understand what GOD is all about and what you're really doing in this funny place called Earth.

So, anyway, when you've got these three selves inside of you, going about their business, sometimes it's hard to keep them all in line and in BALANCE.

So it's a good thing to call in the LIGHT to help straighten you out.



Sometimes, what might happen at this point would be that you'd suddenly get very sleepy, so you go and take a nap,



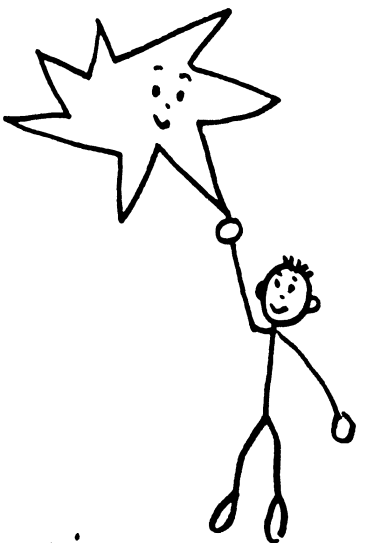
and then wake up, feeling really good, cause you worked out the balance in the dream state.

Or, maybe what might happen is someone will suddenly walk in the door who needs a lot of help.

And so you stop thinking about yourself altogether and start thinking about her, and HELPING her.

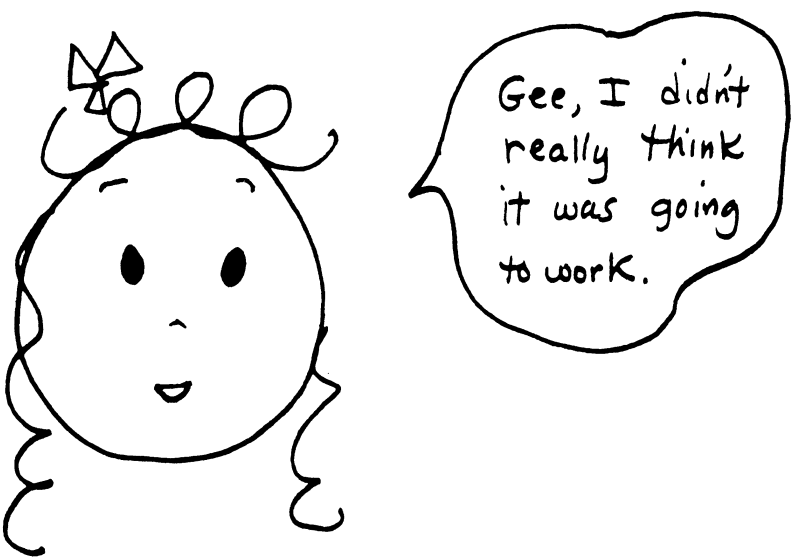
And then you realize after all that, YOU feel pretty straightened out.

See, what happens is the LIGHT will use all kinds of methods to pull you up into a higher state of spiritual awareness, and that's what makes you feel better, always.



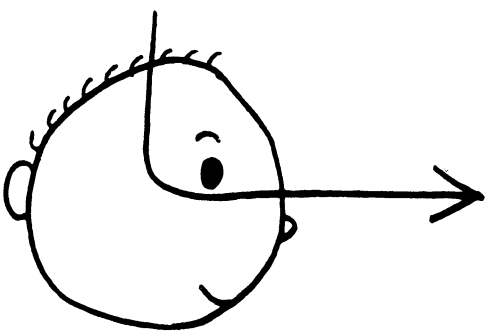
But depending on you and the situation, it will use different methods.

Another way to use the LIGHT is to send it to other people, when they're in some kind of trouble. And this gets to be a neat thing, to watch it work.

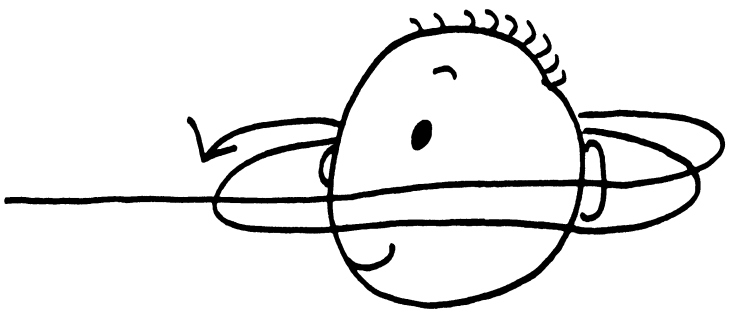


There are different ways in which you can send it to someone else.

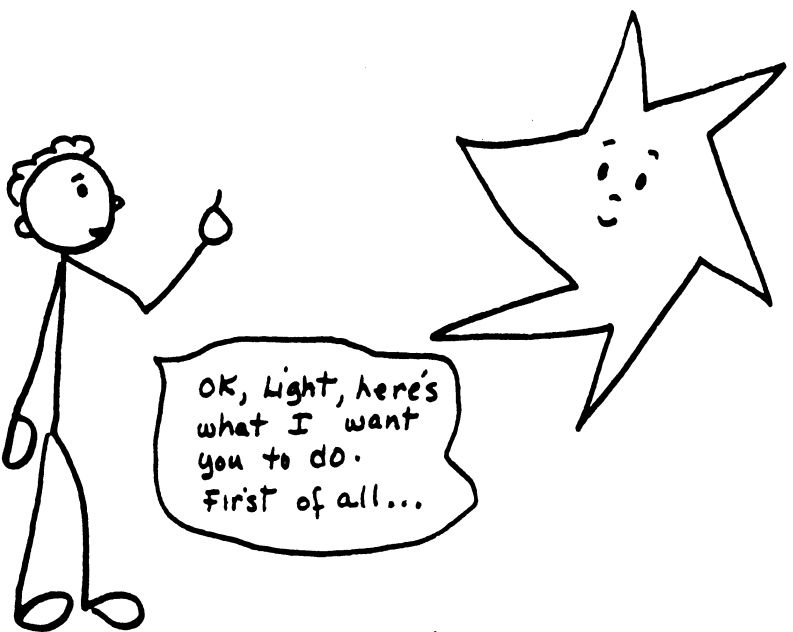
One good way is to first of all call on it for that person's highest good, and then with your imagination (which is what you have to use at first), feel it come into you, and then flow out of you from the area where your third eye is.



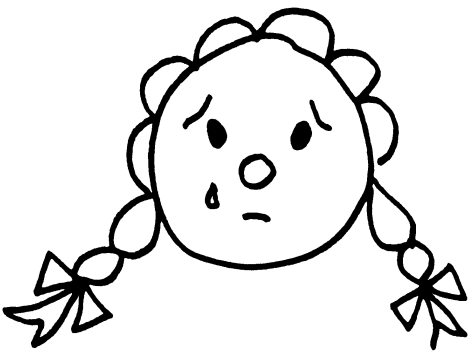
Then imagine it flowing straight to that person, and swirling around him, and awakening his spiritual awareness about himself.



One thing you really got to watch, though, is not to tell the LIGHT specifically what you want it to do, cause you might not even know what's wrong with the person.



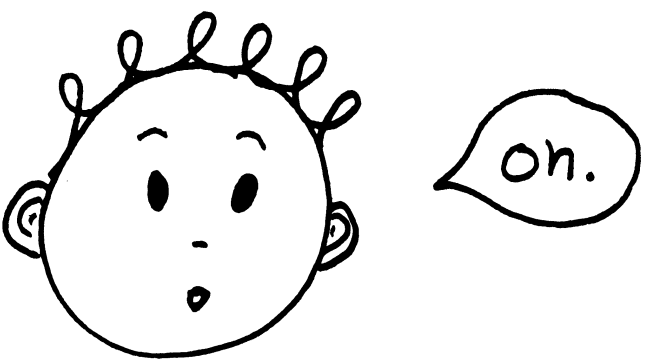
Say, for example, you have a friend who seems miserable with a runny nose and sneezing and coughing,



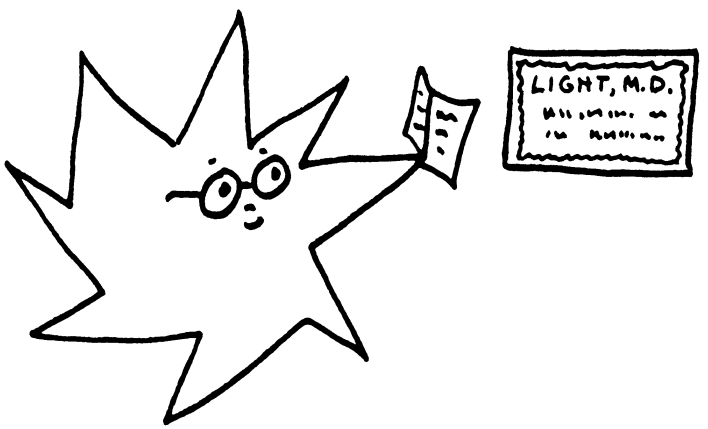
and you think, "Oh, Light, please go to my friend and clear up her cold for her highest good."

And then, NOTHING HAPPENS, she's still just as sick.

Well, don't blame the LIGHT. You know there's a very good chance your friend has an ALLERGY, and not a cold, at all.

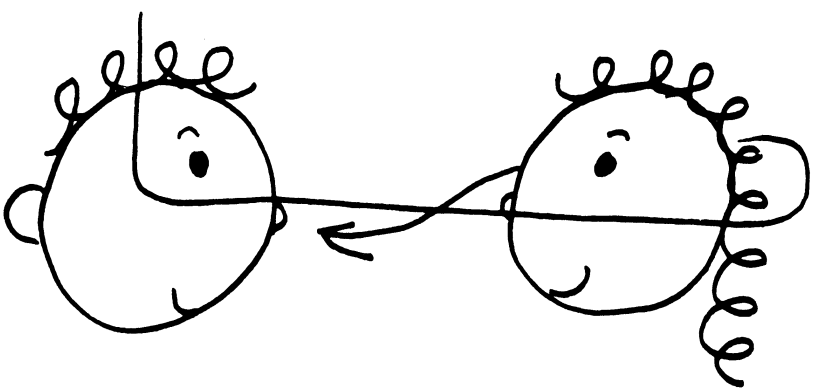


So, what you got to do, is let the LIGHT make the diagnosis of the sickness, and let it take care of it the best way it knows how.



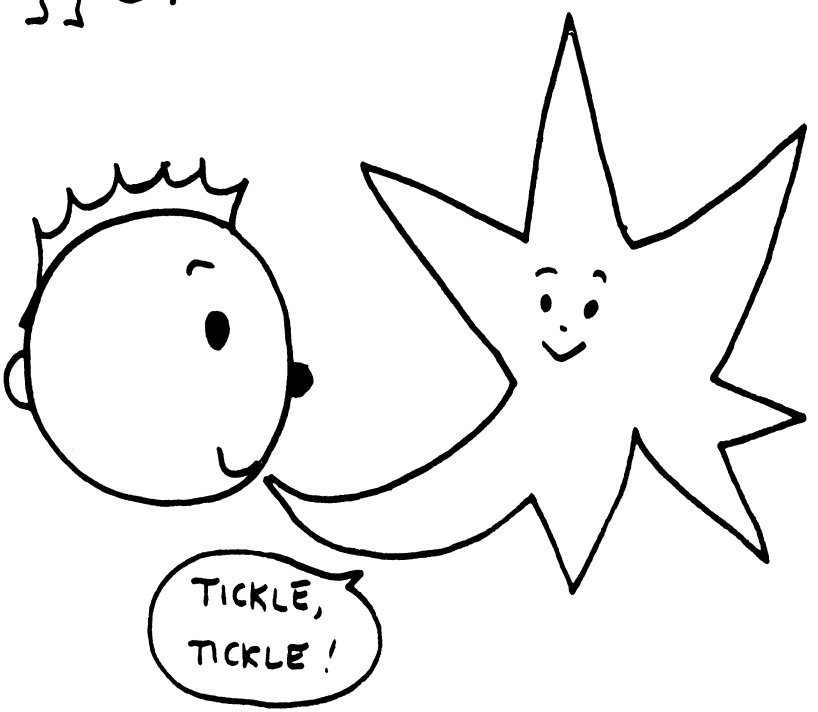
(And since the LIGHT has perfect knowledge, it knows some pretty good ways.)

Another thing to remember when you're sending the LIGHT to someone else, is that it's really nice to picture the LIGHT returning to you, after it's finished with them, so you get in on some of the action, too.

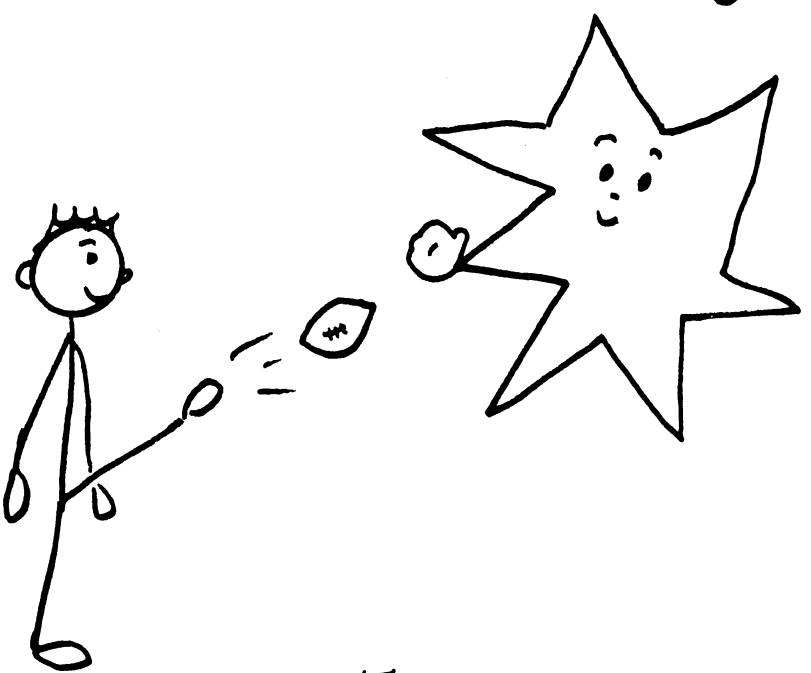


You'll know when it hits you, cause you can feel it, if you really tune in.

Sometimes it'll suddenly make you smile, or even giggle!

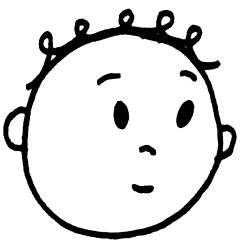


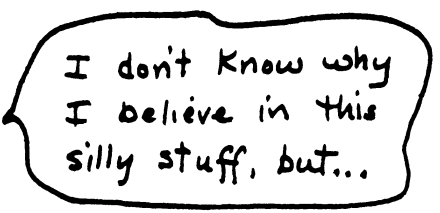
What's really neat about practicing using the LIGHT is that even if you can't understand what's going on at first, it's still a lot of fun to practice with it, anyway.



Cause you find yourself going through so many neat changes, and feeling so much LOVE for people — and realizing how you're really one with GOD, and that life is so beautiful.

And you'll find yourself believing in the LIGHT, even despite yourself, sometimes...





Because that SOMETHING inside of you is starting to awaken, and is telling you, "Yes, the LIGHT *is* for real, and you and it are one and the same thing."

And pretty soon, it's so fantastic, cause your

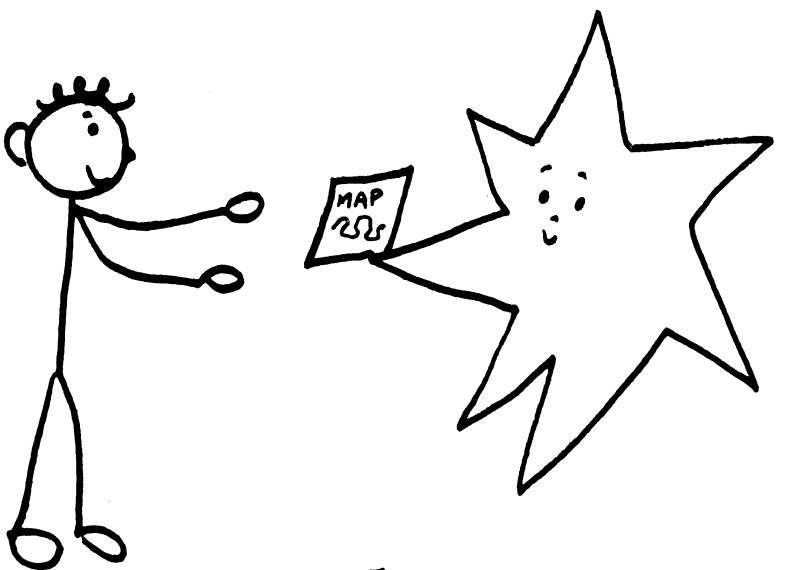
BELIEVING

starts turning into

KNOWING

And at that point, you can't hardly believe it, cause your whole life has changed.

And you know you're really going some place, and it's a beautiful place. You've been trying to get there for so long, and now you've finally found out how to get there. Thanks to the LIGHT.



And you know what? You're going to find yourself saying,

IT REALLY DOES WORK!

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About the Author

Since 1963, John-Roger has traveled all over the world, lecturing, teaching, and assisting people who want to create a life of greater health, happiness, peace, and prosperity and a greater awakening to the Spirit within. His humor and practical wisdom have benefited thousands and lightened many a heart.

In the course of this work, he has given over 5,000 seminars, many of which are televised nationally on "That Which Is." He has also written more than 35 books, including coauthoring two *New York Times* best-sellers.

The common thread throughout all John-Roger's work is loving, opening to the highest good of all, and the awareness that God is abundantly present and available.

If you've enjoyed this book, you may want to explore and delve more deeply into what John-Roger has shared about this subject and other related topics. See the bibliography for a selection of study materials. For an even wider selection of study materials and more information on John-Roger's teachings through MSIA, please contact us at:

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